

Bea Bored

COPPER KNOB
BY THE SHEETS

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Kerry Maus (USA) & Megan Barsuglia (USA) - November 2018
音樂: bored - Bea Miller : (iTunes)



Count-in: 8 counts from beginning of track

Notes: 3 Restarts: wall 2 & 6 after 16 counts, wall 4 after 8 counts

[1-7] Syncopated weave, knee pop, syncopated weave 12:00

1 & 2 & Cross R over L (1) step L to L (&) cross R behind L (2) L to L (&) 12:00
3 & 4 Close R next to L (3) raise heels while popping knees forward(&) lower heels (4) 12:00
5 & 6 Cross L over R (5) step R to R (&) cross L behind R (6) 12:00
& 7 & Step R to R (&) cross L over R (7) hold (&) 12:00

Restart On wall 4 facing 6:00, with this variation for counts 7&8: step L next to R (7) hold (8)

[8-16] Rock & hitch, rock & cross, side rock, fwd rock/body roll, back, back, twist, twist 12:00

8 & 1 Rock R to R (8) recover L (&) hitch R knee toward L, then up/outward to make a fluid arch (1) 12:00
2 & 3 Rock R to R (2) recover L (&) cross R over L (3) 12:00
4 & 5 Rock L to L (4) recover R (&) rock L fwd, rolling your body fwd & up (5) 12:00
6 & 7 & 8 Recover R (6) step L back (&) step R back (7) twist both heels L (&) return both heels center (8) 12:00

Restart On walls 2 (facing 3:00) & 6 (facing 9:00) Make sure weight is on Left after the heel twist. 12:00

[17-23] Coaster step, touch, point, touch, point, 1/8 sailor step, step 1:30

1 & 2 & Step L back (1) close R next to L (&) step L fwd (2) touch R next to L (&) 12:00
3 & 4 Point R to R (3) touch R next to L (&) point R to R (4) 12:00
5 & 6 7 Step R behind R (5) step L to L (&) 1/8 R turn stepping R to R diagonal (6) step L fwd (7) 1:30

[24-32] Step, lock, step, rock, recover, back, 3/8 turn, 1/4 rock & cross, 1/4 turn, 1/4 turn 3:00

8 & 1 Step R fwd (8) lock L behind R (&) step R fwd (1) 1:30
2 & 3 4 Rock L fwd (2) recover R (&) step L back (3) turn 3/8 R stepping R fwd (4) 6:00
5 & 6 Turn 1/4 R rocking L to L (5) recover R (&) cross L over R (6) 9:00
7 8 Turn 1/4 L stepping R Back(7) turn 1/4 L stepping L to L (8) 3:00

Email: kerrymausdance@gmail.com & Katcvt24@gmail.com